



# DR TOM ADAMS

SENIOR CLINICAL PSYCHOLOGIST  
(NEUROPSYCHOLOGY)

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0191 226 7966

## EDUCATION

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**Diploma in Clinical Neuropsychology (PGDip)** – Glasgow University (2022)

**Doctor of Clinical Psychology (Pass with Distinction in Research)** – Newcastle University (2017)

**Masters by Research in Neuroscience (MRes)** – Newcastle University (2012)

**Bachelor of Science in Psychology (BSc)** – University of Durham (2008)

## PROFESSIONAL QUALIFICATIONS, MEMBERSHIPS AND TRAINING

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Health Professions Council Registered Practitioner Psychologist (PY35245)

Supervisor's Training provided by Newcastle University

Sleep Study Days: How to treat insomnia, Northern Sleep Forum

Advanced Assessment and Strategies for People with Insomnia (Sleep Unlimited)

Foundation Course in Sleep Assessment and Management (Sleep Unlimited)

## EMPLOYMENT HISTORY

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**Senior Clinical Psychologist (Neuropsychology)**, Walkergate Park

*(2020 - present)*

- Working across inpatient neurorehabilitation, neuropsychiatry, and neurobehavioral wards
- Neuropsychological assessment, report writing and interpretation of results
- Dissemination of results and recommendations to service users, staff, and families
- Cognitive rehabilitation
- Mental Capacity Act Assessments
- CBT or ACT based interventions for anxiety, depression and sleep difficulties for people who have experienced a brain injury or neuropsychiatric condition
- Interventions for challenging behaviour using PBS framework
- Consultation and scaffolding with inpatient MDT and local teams
- Supervision of qualified, trainee and assistant psychologists

John Buddle Work Village - Buddle Road - Newcastle upon Tyne - NE4 8AW

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Email: [enquiries@neurocog.co.uk](mailto:enquiries@neurocog.co.uk) [www.neurocog.co.uk](http://www.neurocog.co.uk) [www.cognisantic.co.uk](http://www.cognisantic.co.uk)

- MDT Formulation, debrief and delivery of specialist training

**Clinical Psychologist (Neuro Rehab Lead), Sleep Unlimited Ltd.**

(2018 - present)

- In depth analysis of sleep patterns from actigraphy data
- Identifying sleep disorders based on this data
- Writing bespoke support plans for people with sleep difficulties (including adults, children, neurological conditions, and mental health presentations)

**Clinical Psychologist (Neuropsychology), Northumbria Head Injuries Service**

(2017 - 2020)

- Neuropsychological assessment, report writing and interpretation of results
- Advice and guidance for service users who have experienced a brain injury
- CBT-based interventions for anxiety, depression and sleep difficulties for people who have experienced a brain injury
- Consultation and scaffolding for other members MDT
- Providing advice and guidance for family members and carers of someone with a brain injury
- Working with community teams with service users who present with challenging behaviour
- Providing specialist training

**Trainee Clinical Psychologist, Newcastle University**

(1999 - 2002)

- Placements: Forensic Learning Disabilities Service, Secondary Care Community Mental Health Team, Children's Services, Older Adults.
- Elective Placements: Walkergate Park Centre for Neurorehabilitation and Neuropsychiatry
- Thesis Topic: Cognitive Processes in Psychosis (Supervisor: Rob Dudley)

**Research Assistant, Regional Affective Disorders Service, Newcastle University**

(2012 - 2014)

- Managing and maintaining databases across several studies
- Writing and supporting ethics applications and academic papers for submission to journals
- Conducting assessments of mental health and neuropsychological function.
- Attending local support groups to assist with study recruitment

## PUBLICATIONS/CONFERENCE PRESENTATIONS

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Adams, T., Pounder, Z., Preston, S., Hanson, A., Gallagher, P., Harmer, C.J., McAllister-Williams, R.H. (2016). Test-retest Reliability and Task Order Effects of Emotional Cognitive Tests in Healthy Subjects. *Cognition and Emotion*. 30(7) 1247-1259

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Adams, T., Hanson, A., Pounder, Z., Preston, S., Gallagher, P., McAllister-Williams, R.H  
(2013) Performing Multiple Neuropsychological Tasks Containing Emotional Stimuli.  
*Biological Psychiatry*, 73:163s

Adams, T., Watson, S., Wilson, S., Carroll, B., Melody, J., Garg, H., MacMillan, I., Brydon, T.,  
Hall, S. & Cunningham, M. (2013, July). Preliminary findings of a novel  
electrophysiological assay for NMDA receptor autoantibodies in psychosis. *Oral  
Presentation and Poster at British Association of Psychopharmacology Summer  
Conference*

Whitton, C., Collinson, R. & Adams, T. (2013) Psychological Supervision and Consultation for  
Nurses in Forensic Learning Disabilities. *Journal of Intellectual Disabilities and  
Offending Behaviour*, 4: 3/4 (90-99)